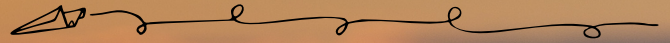


Welcome new volunteers!
We are happy to have you.

SWVA MRC

Resiliency Team Newsletter



Four Reasons to Cultivate Patience

1. Patient people enjoy better mental health.
2. Patient people are better friends and neighbors.
3. Patience helps us achieve our goals.
4. Patience is linked to good health.



The importance of

CULTIVATING
Patience



Four Steps to Develop Patience

1. Understand how anger, irritation, and outrage can be addictive.
2. Get comfortable with discomfort.
3. Pay attention when anger or irritation start.
4. Manage your self-talk.

Manage Expectations

Everything we are doing right now is subject to the availability of the vaccine. We all need to practice patience with obtaining the first dose, getting the second dose, and waiting a week for efficacy, as well as waiting for deployment as a volunteer. SWVA MRC appreciates everyone's willingness to serve. Expect dispensing vaccines to be a long process where volunteers may need to rotate weeks or months in between volunteering to guard against burnout.

Using mindfulness to manage expectations